PROTEIN COOKIE DOUGH BALLS

VEGAN, GLUTEN FREE, DAIRY FREE
SERVES: 12   TIME: 20MIN

INGREDIENTS:
· 1/4 cup cashew butter
· 1 tbsp honey (or plant-based alternative)
· 2 tbsp Nuzest Smooth Vanilla Clean Lean Protein
· 1 tbsp coconut flour
· ¾ cup chopped walnuts
· Pinch of salt
· Chocolate chips

METHOD:
1. Mix your cashew butter and honey together. Then add in the dry ingredients and mix.
2. Blend in the chopped walnuts and add in some of the chocolate chips.
3. Form into balls and set aside.
4. Melt the remaining chocolate chips and cover the balls in melted chocolate.
5. Add your toppings of choice, we've added sea salt. Let them sit in the fridge to set and keep in an airtight container. Enjoy!

CARROT & ZUCCHINI SAVOURY MUFFINS

VEGAN, SUGAR FREE
SERVES: 12   TIME: 35MIN

INGREDIENTS:
· 2 cups plain flour sifted
· 1 tsp baking soda
· 3 tsp baking powder
· 1 tsp sea salt
· 1 cup soy milk
· ½ cup sunflower oil
· 1 tbsp organic apple cider vinegar
· 1 medium sized zucchini grated and liquid squeezed out
· 2 small carrots grated
· ½ cup grated cheddar cheese
· 1 generous handful of fresh dill finely chopped
· handful sunflower or pumpkin seeds

METHOD:
1. Preheat the oven to 200° Celsius.
2. In a large mixing bowl, add the plain flour, baking soda, baking powder and sea salt. Stir and combine the dry ingredients together.
3. Make a small well in the dry ingredients, and add the soy milk, sunflower oil and apple cider vinegar. Stir until all the ingredients are well combined and sticky in texture. Fold through the zucchini, carrots, grated cheese and dill.
4. Divide the muffin mixture evenly across the muffin tray cups and sprinkle each muffin with either sunflower or pumpkin seeds. Bake for 20 minutes, or until a skewer can be inserted into the centre of a muffin and be removed without any residue.
5. Once finished, remove the muffin tray from the oven and allow to cool for 5 minutes before transferring the muffins to a cooling rack. Bon Appétite!